

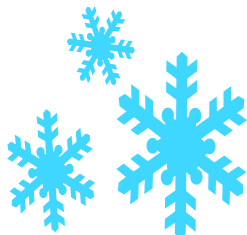


Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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Winter is coming. Are you ready?

Here are some ideas to help prepare you for winter.

Have some extra food and water on hand in case you are snowed in. If you lose power and are using kerosene heaters, make sure you ventilate the area to avoid build up of toxic fumes and keep heaters at least 3 feet from flammable objects. Also refuel heaters outside. If using a generator, use it outside, not in the house or garage. The fumes that are produced are very toxic and can kill.

Make sure children are dressed properly

- Most schools will send children out for recess unless the temperature is very cold. To make sure they are protected from the cold make sure they have a good winter coat, snow pants, boots, hats, gloves or mittens (mittens are warmer than gloves).
- Check children regularly during their outdoor time to check to see how wet they've become and replace items or have them come inside while their wet items dry. Children usually do not notice or care that their clothes have become wet.
- There are several thrift and resale shops in Grant and surrounding counties where these clothes can be bought if your family is on a tight budget.
- Adults too, need to dress for weather. Dressing in layers of loose, lightweight clothing is better than one heavy layer. This way if you become warm while working you can remove layers as needed. Becoming too warm and sweating can cause you to become chilled, even if you have heavy clothes on.

Winter Driving

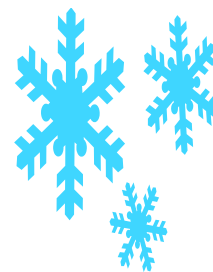
Keep vehicles fueled and in good repair and have a basic emergency kit in the car such as:



- High energy munchies and several bottles of water
- Flashlights with extra batteries
- First aid kit with pocket knife
- Blankets or sleeping bags
- Plastic bags (for sanitation)
- Extra mittens, socks, boots and a hat
- Small sack of sand for generating traction under wheels
- Small shovel
- Booster cables
- Cards, games, and puzzles
- Brightly colored cloth to use as a flag

IF TRAPPED IN CAR DURING A BLIZZARD

- Stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.
- As a trouble sign, hang a brightly colored cloth on the radio antenna and raise the hood.
- Turn on the car's engine for about 10 minutes each hour and run the heater.
- Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow, and open a window slightly for ventilation.
- Do minor exercises to keep up circulation. If more than one person is in the car, take turns sleeping.
- Huddle together for warmth.



*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

It's Not To Late for Influenza shots

Influenza shots are available at all WIC and Health Check clinics and Immunization Clinics. Shots are also available at the Grant County Health Department at 111 South Jefferson Street in Lancaster on Tuesdays from 8:00am to 4:00pm.

2012 CPR Classes

Dates for Community CPR classes. Certification is through the American Red Cross and is a one year certification. Classes are held in Lancaster and start at 5:45 p.m. Call the Grant County Health Dept at 723-6416 to register. Cost is \$48 payable to the Health Dept one week prior to the scheduled class.

January 16 March 19 May 21 September 17 November 26



The Grant County Health Department will be closed on:

Friday, December 23th,
Monday, December 26th
Monday, January 2nd

Snacks on the Go

It's often hard to find healthy snacks when you're on the go, but planning ahead can keep snacks healthy, safe and convenient. Pre-portion snacks and put them in a bag or small plastic container. Use a small cooler with an ice-pack for snacks that need to stay cool.

- **Snack bars:** These are great "grab & go" snacks that don't require refrigeration. Keep them handy in a purse, backpack, glove compartment or pocket. Try to find ones that are lower in fat and sugar.
- **Dried fruits or vegetables:** A small snack bag of dried fruits or veggies still pack healthy vitamins and minerals in a more useable form.
- **Crackers:** Low-fat or whole grain crackers can be a good energy source that keeps you going through the day.
- **String Cheese:** This calcium-packed snack should be kept in the refrigerator when not in use, but can be out of the refrigerator for a few hours making a great mid-morning snack.



Make sure to read labels on pre-packaged snacks to keep an eye on calories and fat. Be creative and see if you can come up with other snacks that would be great on the go.

For more information on healthy eating, contact Grant County's UW-Extension Nutrition Education Program at 723-2125.



Immunization Clinics

December 12th—Platteville United Methodist Church from 5:00pm to 6:00pm

December 13th—Muscoda Kratochwill Bldg. 3:45pm to 4:15pm

December 13th—Fennimore St. Peters Lutheran Church from 5:00pm to 5:30pm

December 14th—Hazel Green Methodist Devotional Center from 4:00pm to 4:30pm

December 14th—Cuba City—City Hall from 5:00pm to 5:30pm

December 14th—Dickeyville New Fire Station from 6:00pm to 6:30pm

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Dec 1st—Platteville Peace Lutheran Church from 9:00am to 3:30pm

Dec 13th—Boscobel United Methodist Church from 9:00am to 3:30pm

Dec 14th—Fennimore United Methodist Church from 9:00am to 3:30pm

Dec 15th—Platteville Peace Lutheran Church from 9:00am to 3:30pm

Dec 20th—Cuba City St Rose Catholic Church from 9:30am to 3:30pm

Dec 27th—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Dec 28th—Late Lancaster Youth & Ag Bldg from 3pm to 7:00pm

Websites

Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.

Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov for information on your immunizations.

Visit www.grantcountyhospice.com for information on the Hospice Program.

What Everyone Should Know About Antibiotics

Are you aware that colds, flu, most sore throats, and bronchitis are caused by viruses? Did you know that antibiotics do not help fight viruses? Plus, taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

If You Have a Cold or Flu, Antibiotics Won't Work For You!

Antibiotics cure bacterial infections, **not viral infections such as:**

Colds or flu;

Most coughs and bronchitis;

Sore throats not caused by strep; or

Runny noses.

Taking antibiotics for viral infections, such as a cold, cough, the flu, or most bronchitis, will not:

Cure the infections;

Keep other individuals from catching the illness; or

Help you feel better.



What You Can Do To Protect Yourself

Talk with your healthcare provider about antibiotic resistance.

When you are prescribed an antibiotic,

Take it exactly as the doctor tells you. Complete the prescribed course even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect you.

This goes for children, too. Make sure your children take all medication as prescribed, even if they feel better.

Throw away any leftover medication

Source Center for Disease Control and Prevention www.cdc.gov/getsmart

Weather Cancellations

If the weather or road conditions are bad, the Grant County Health Department may decide to cancel immunization, WIC and other clinics. One way to find out is to listen to the radio. The local stations used by the Health Department are:

WGLR 97.7 FM or 1280 AM

WPVL 107.1 FM or 1590 AM

WRCO 100.9 FM

In general, we will cancel a WIC clinic if the school in that town cancels school for the day. We will have the clinic if school is delayed. If in doubt, you can call the Grant County Health Department at 723-6416.

Hospice Care

Grant County Hospice is a non-profit Medicare license that has served Grant County residents at the end of life for almost 25 years. November is National Hospice and Palliative care month and it is during this month that we want to emphasize the importance of quality end-of-life care that is available to all persons, regardless of age, diagnoses or location of care. Here are some myths and facts about hospice:

Myth: The person who is ill must be close to death in order to be admitted to Grant County Hospice.

Fact: Patients do not need to be near death, bed-bound, or even homebound to be eligible for hospice. In fact, we encourage patients to go out and enjoy life. Persons who have a life expectancy of approximately six months or less are appropriate for hospice.

Myth: Hospice only cares for persons with cancer.

Fact: Hospice is appropriate for persons with any illness when the primary goal of care is to maintain comfort, manage symptoms and help the individual remain as active as possible. This includes patients with heart disease, Alzheimer's disease and other dementia, pulmonary disease, end-stage liver disease, and other chronic illnesses.

Myth: Hospice will "take over."

Fact: Hospice is a team effort. The person receiving the care and his/her family lead the team by defining their individual needs.

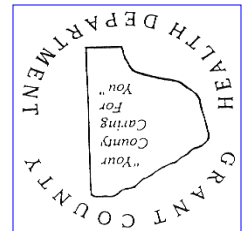
Myth: Hospice provides around-the-clock nursing care.

Fact: Hospice provides intermittent in-home nursing visits and assistance with bathing. There is also 24-hour access to a nurse for information, support and problem-solving, either over the phone or by a home visit.

Myth: Hospice's focus is on the acceptance of death.

Fact: Hospice recognizes that we all have different and unique goals, beliefs, and coping strategies. Hospice does not force discussions about the acceptance of death, but staff remain available to discuss any issues important to patients and their families.

For more information about hospice call 608-723-6416 or visit our web site at www.grantcountyhospice.com



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